



A non-profit organization providing meaningful and accessible grief support and education.

To be added to our email mailing list email [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

A \$15 donation to the nonprofit is encouraged for all support groups

## January-March 2022 Support Groups

Register online at <https://heartlightcenter.org/events-calendar/> or contact us 720.748.9908 [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

### Monthly HeartLight VIRTUAL Support Groups

#### Loss of a Parent(s) Support Group (all groups held at 6pm (PT) / 7pm (MST) / 8pm (CT) / 9pm (ET))

Jan 3	Virtual/Zoom	An ongoing support group for those who have experienced the death of a parent(s). Meets the 1 <sup>st</sup> Monday of the month.
Feb 7		
Mar 7		

#### Growing Through Grief (all groups held at 6pm (PT) / 7pm (MST) / 8pm (CT) / 9pm (ET))

Jan 5	Virtual/Zoom	This ongoing support group is open to anyone who has experienced a death. We will spend time learning about the grief process and connecting with others. Meets the 1 <sup>st</sup> Wednesday of the month.
Feb 2		
Mar 2		

#### Loss of Spouse/Partner Support Group (all groups held at 6pm (PT) / 7pm (MST) / 8pm (CT) / 9pm (ET))

Jan 12	Virtual/Zoom	An ongoing support and educational group for people who have experienced the death of a spouse, partner or significant other. If your loss is recent <i>or</i> years ago, you are welcome to spend an evening with others who are on a similar journey. Meets the 2 <sup>nd</sup> Wednesday of the month.
Feb 9		
Mar 9		

#### COVID Loss Group: You Are Not Alone (all groups held at 8am (PT) / 9am (MST) / 10am (CT) / 11am (ET))

Jan 8	Virtual/Zoom	A Support Group if you are experiencing loss, of any kind, due to the COVID 19 pandemic. This group meets the 2 <sup>nd</sup> Saturday of the month.
Feb 12		
Mar 12		

#### Spanish-Speaking Grief Support Group (NEW!)

TBD		This ongoing support group is open to anyone who has experienced a death. We will spend time learning about the grief process and connecting with others. Meets the [date of the month]
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### Monthly HeartLight IN-PERSON Support Groups

#### Men's Loss of Spouse/Partner Group

Jan 4	7:00pm MST	HeartLight Center	A peer support group dedicated to addressing the unique issues encountered by men who have experienced the death of a spouse, partner, or significant other. Meets the 1st Tuesday of the month.
Feb 1	7:00pm MST		
Mar 1	7:00pm MST		

#### 5+ Year Loss of Spouse/Partner Group

Jan 10	7:00pm MST	HeartLight Center	An ongoing support group for people who have experienced the death of a spouse, partner or significant other, five or more years ago. Meets the 2 <sup>nd</sup> Monday of the month.
Feb 14	7:00pm MST		
Mar 14	7:00pm MST		

#### Loss of a Parent(s) Support Group

Jan 19	7:00pm MST	HeartLight Center	An ongoing support group for those who have experienced the death of a parent(s). This group meets the 3 <sup>rd</sup> Wednesday of the month.
Feb 16	7:00pm MST		
Mar 16	7:00pm MST		

#### Loss of Spouse/Partner Support Group

Jan 12	4:00pm MST	HeartLight Center	An ongoing support and educational group for people who have experienced the death of a spouse, partner or significant other. If your loss is recent <i>or</i> years ago, you are welcome to spend an evening with others who are on a similar journey. Meets the 2 <sup>nd</sup> Wednesday at 4pm and 4 <sup>th</sup> Wednesday at 7pm monthly.
Jan 26	7:00pm MST		
Feb 9	4:00pm MST		
Feb 23	7:00pm MST		
Mar 9	4:00pm MST		
Mar 23	7:00pm MST		

## Young Loss of Spouse/Partner Support Group

Jan 6	7:00pm MST	<b>Highlands Church</b> 1700 S. Grant Street, Denver, CO 80210	An ongoing peer support group for adults 55 and under who have lost a spouse, partner or significant other who are 6 months or more post loss. This group focuses on topical and small group discussions. This group meets the 1 <sup>st</sup> Thursday of the month.
Feb 3	7:00pm MST		
Mar 3	7:00pm MST		
Jan 21	6:00pm MST	<b>HeartLight Center</b>	An ongoing peer support group for adults 55 and under who have lost a spouse, partner or significant other recently or years ago. This group is helpful for those who also are navigating parenting children at home while grieving a partner. This group typically meets the 3 <sup>rd</sup> Friday of the month.
Feb 18	6:00pm MST		
Mar 18	6:00pm MST		

To Join the Young Loss of Spouse Facebook group, please find and friend Missie <https://www.facebook.com/MissieJohnsonWest> and Christina <https://www.facebook.com/christina.hayslip> on Facebook, then message them to join the group.

## Curriculum Groups

### In-Person Facing the Mourning – 4-Week Group

Tuesdays Jan 18, 25, Feb 1 & 8	4-5:30pm MST	<b>HeartLight Center</b>	Facing the Mourning is a hands-on kinesthetic experience and invites participants to build memorials, write letters, journal and set goal with milestones. This group will be limited to 8 participants and will meet weekly for four weeks. <b>Cost:</b> \$65 (includes a participant manual)
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**Registration is required.**

### Virtual Facing the Mourning – 4-Week Group (session meetings held at 6pm (PT) / 7pm (MST) / 8pm (CT) / 9pm (ET))

Thursdays Feb 3, 10, 17 & 24	7-8:30 pm MST	Zoom	Facing the Mourning is a hands-on kinesthetic experience and invites participants to build memorials, write letters, journal and set goal with milestones. This group will be limited to 8 participants and will meet weekly for four weeks. <b>Cost:</b> \$65 + \$3 shipping (includes a participant manual)
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**Registration is required.**

### In-Person New Beginnings – 6-Week Group

Sundays Feb 13, 20, 27, Mar 6, 13, & 20	10-11:30am MST	<b>HeartLight Center</b>	The days, weeks and months following the loss of a spouse or partner may be filled with many unexpected and challenging struggles. Within the first year these may seem impossible to cope with. In this group you will be invited to partake in discussions and doable tasks to help create a sense of movement and purpose. The 6 interactive meetings will deal with many of the difficult topics that arise during the first year after the loss of a spouse/partner. Suggested Donation: \$40
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**Space is Limited. Registration is required.**

### Mourning is Medicine – 6-Week Group (session meetings held at 8am (PT) / 9am (MST) / 10am (CT) / 11am (ET))

Saturdays Mar 5, 12, 19, 26, Apr 2, & 9	9-10:30am (MST)	Zoom	<i>Remembering who we are through Community, Connection, and Unconditional Love</i>
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In this six session program we will use Inquiry (The Work of Byron Katie) as a mindfulness meditation to connect to our inner self and become aware of what is keeping us from being present in the honoring of ourselves and our grief, such as regrets, guilt or shame. We will create a safe, vulnerable and supportive container to tell our stories and honor our losses. Whether it is the loss of a person, a way of life we knew or thought we would have, a pet, job or home, etc. Suggested Donation: \$40

**Space is Limited. Registration is required.**



For more information email [info@heartlightcenter.org](mailto:info@heartlightcenter.org) or call 720.748.9908

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## Community Partner Groups

### East Metro Heartbeat Group

Jan 25 7:00pm MST Zoom  
Feb 22 7:00pm MST  
Mar 29 7:00pm MST

This is an ongoing monthly support group for survivors after suicide, who seek hope and healing in their lives after the tragic loss of a loved one to suicide. We come to share our pain and connect with other survivors in a circle of acceptance, understanding, and love. Please contact the facilitator for more info and to register.  
**Facilitators:** Ken ken.wiig@gmail.com or Brenda bgierczak2@aol.com or Katie Ford: 720.300.8213 (call or text)

### Compassionate Friends Aurora Chapter

Jan 20 7:00pm MST  
Feb 17 7:00pm MST  
Mar 17 7:00pm MST

HeartLight Center

A peer support group for bereaved parents, grandparents and adult siblings who have experienced the death of a child, grandchild or sibling at any age and for any reason. Meets on the 3<sup>rd</sup> Thursday of each month. Please contact the facilitator for more info and to register.

**Facilitator:** Jo English jo.englishco@gmail.com

### Bereaved Siblings Support Group

Jan 6 6:30pm MST  
Feb 3 6:30pm MST  
Mar 3 6:30pm MST

Zoom

A support group for individuals 18 and older whose sibling or siblings have died. Meets on the 1<sup>st</sup> Thursday of each month at 6:30pm via zoom. Please contact the facilitator for more info or to register to attend.

**Facilitator:** Tawnya Musser at 719-430-5272 or tawnya@deardepartures.com

### GRASP – Grief Recovery After a Substance Passing

Jan 17 7:00pm MST  
Feb 21 7:00pm MST  
Mar 21 7:00pm MST

HeartLight Center

GRASP provides sources of help, compassion and most of all understanding for individuals and families who have had someone they love die as a result of substance use or addiction. Meets the 3<sup>rd</sup> Monday of each month. Register on the HeartLight Center website. **\*Please note:** This group is not appropriate for individuals who are currently dealing with substance abuse.

### Human-Animal Bond Trust Pet Loss Support Group

Thursdays, weekly  
6:30pm (MST)

Zoom

Pets give us companionship and unconditional love. Our relationships with our animal companions are very special and unique. For many of us, our companion animal is a member of the family and when the bond we share is broken, the resulting sense of loss and grief is as real and sometimes as overwhelming as when we lose a relative or human friend. The Pet Loss Support Group is a safe and supportive environment where individuals can come to process the grief occurring from the loss of a beloved animal companion. This weekly group run by Human-Animal Bond Trust has been available, free-of-charge, to the Denver area since 1988. For more information visit:

<https://www.humananimalbondtrust.org/pet-loss-support-group.html>



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## January – March 2022 Events, Workshops and Trainings

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### Upcoming Events

#### First Steps: A Comprehensive Guide to Financial Matters After Death

(all groups held at 5pm (PT) / 6pm (MST) / 7pm (CT) / 8pm (ET))

January 4	Zoom	Bringing you information and tools needed for handling practical matters after death - financial matters, understanding what documents you'll need and how to get them, closing accounts and filing claims, Shane Phillips (author of First Steps: A Comprehensive Guide to Financial Matters After Death) will support you with sifting through what can be an overwhelming process into more doable tasks. <b>Seminar is free of cost!</b> First Steps: A Comprehensive Guide To Financial Matters After A Death provides you with information and tools needed for handling financial matters after the death of a loved one. This 92 page book is full of checklists, tips, and other resources that are helpful to a person dealing with a decedents financial matters. The book includes ample space for you to take notes and create personalized action item lists. <b>Purchase the guide for \$30</b>
January 11		
January 19		
January 27		
February 1		
February 9		
February 17		
February 22		
March 2		
March 10		
March 15		
March 23		
March 31		

#### Facing the Mourning Facilitator Training

(starts at 8am (PT) / 9am (MST) / 10am (CT) / 11am (ET))

January 28	Zoom	For professionals who would like to offer the 4-week Facing the Mourning program to their organizations or communities, we invite you to join us for training opportunities to learn facilitating this program by our very own Jennifer McBride. <b>Registration Required. Cost: \$85</b>
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#### Jill Johnson-Young: Your Career is Helping Families – What About You?

(program starts at 7:30am (PT) / 8:30am (MST) / 9:30am (CT) / 10:30am (ET))

February 8	Zoom	A virtual program for caregiving professionals including Hospice and Healthcare Professionals, Funeral Directors, Counselors/Therapists, and Volunteer Caregivers Covering: <ul style="list-style-type: none"><li>• Defining and applying compassion fatigue and burnout for caregiving professions</li><li>• Address the challenges when you are unable to fulfill your role due to time, staffing and misconceptions</li><li>• Learn how to talk through messages in conversations and create space for how you are impacted by work</li><li>• Redefine how your work creates a legacy and what your role offers to those you serve</li></ul> Program participants will leave with a sense of being able to create community virtually and in worksites to allow for expression and fulfillment. NBCC CEs available. <b>Registration Required. Suggested donation: \$15</b>
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#### Jill Johnson-Young: Grief is a Place to Do the Work – Not to Stay

(starts at 5:30pm (PT) / 6:30pm (MST) / 7:30pm (CT) / 8:30pm (ET))

February 8	Zoom	A virtual program for all! Covering: <ul style="list-style-type: none"><li>• My story about grief and recovery and recreating life</li><li>• Sharing losses in the audience briefly</li><li>• Moving from grief to recovery and into growth- how to do the work and find you after loss</li></ul> Program participants will leave with a sense of being able to create community virtually and in worksites to allow for expression and fulfillment <b>Registration Required. Suggested donation: \$15</b>
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